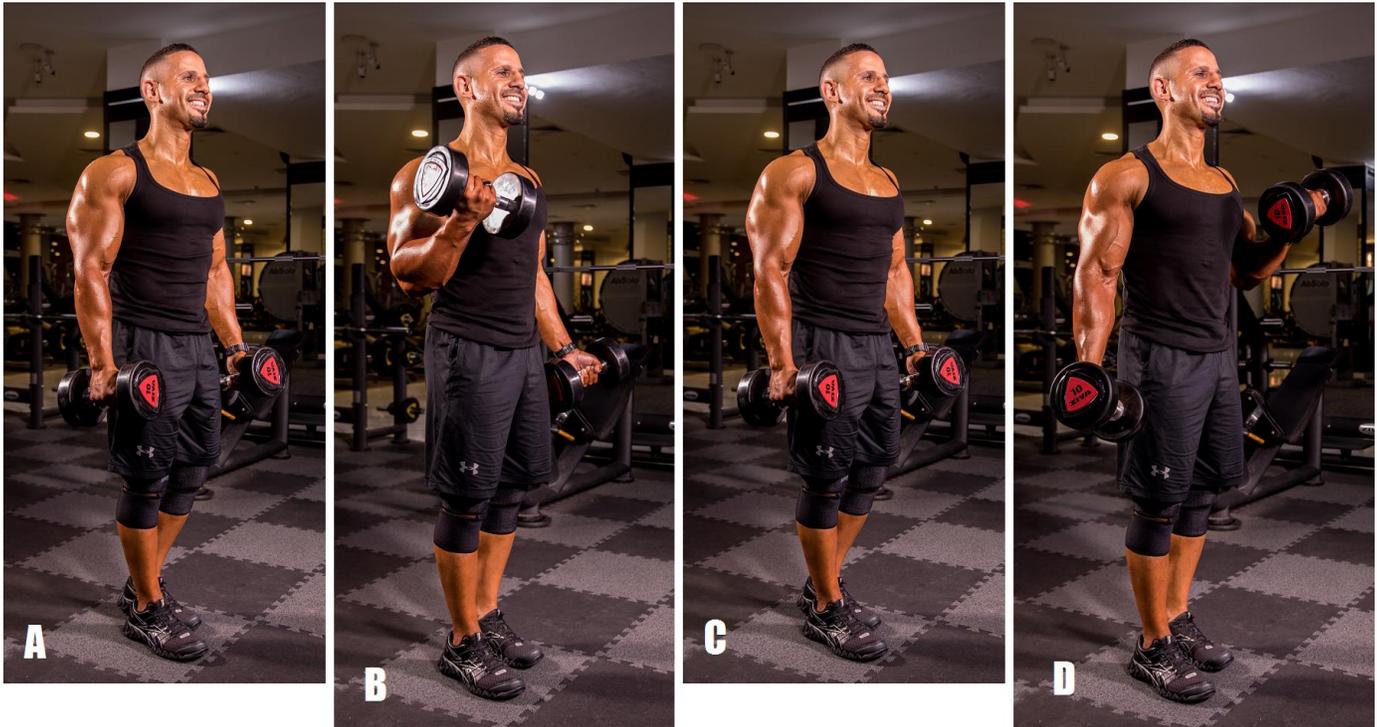


STANDING ALTERNATE DUMBBELL CURLS WITH A TWIST



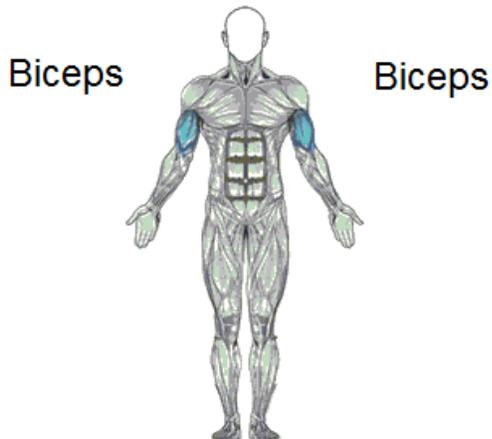
1. Stand tall while grabbing a dumbbell in each hand held in a neutral position, with your palms facing inwards and your arms fully extended right next to you. Your upper arms should remain stationary (not moving) as well as your elbows that should be kept next to your torso at all times. Place your feet at about hips width apart. Your torso should remain upright & stationary throughout the entire motion. This will be your starting position.
2. Use your right arm's biceps muscle to curl the weight in your right hand all the way up while simultaneously twisting your hand outwards until your palm is facing forward, and until your forearm touches your biceps. Only your forearm should be moving up with the dumbbell, while keeping your upper arm stationary and your elbow close to your torso throughout the entire movement.
3. Squeeze in your biceps muscles as hard as you can, then slowly bring the weight back down to its starting position in the same way you're curled it up, and while keeping your biceps muscle fully engaged and under constant tension. **Tip:** Do NOT start curling one arm before your other arm has returned completely back down to its starting position.
4. Repeat this exact motion with your left arm and that will be considered as a 'single repetition'.
5. Continue alternating in this manner with both arms for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any biceps, forearms, wrists, shoulders and/or lower back injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your biceps muscles -as it should- without tempting you to swing the weights up or cheat by using the rest of your body to help you curl the weights. Pick a lighter set of dumbbells if you ever felt that you can't properly curl the weights without cheating with your body, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to also feel your chest, trapz and lower back muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [EZ Barbell Curls \(Wide Grip\)](#) / [EZ Bar Cable Curls \(Wide Grip\)](#) / [Seated Dumbbell Curls](#)

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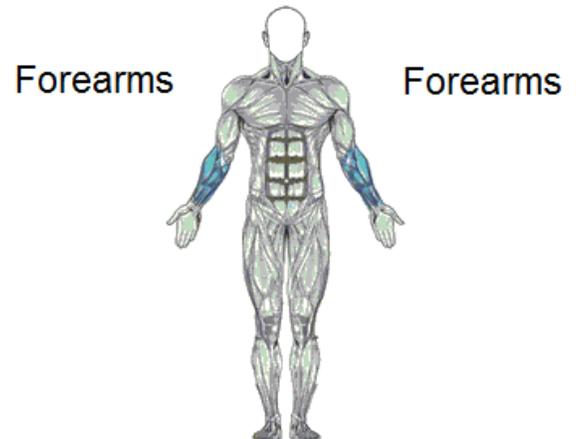
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be %80 - %90 when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be %20 - %10 when performing this exercise.



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